

Success for Worcester AC's young high jumpers at national championships

Worcester AC's high jump squad continue to show their quality with a double win at the National Age-Group Championships in Bedford on 27 & 28 August. In the U15 championships, 14-year-old Rohan Stewart secured the high jump gold medal by clearing a lifetime best of 1.82m at the first attempt. This places him second in the UK rankings for the year and was a new club record. Rohan broke the U15 boys high jump club record previously held by Joel Clarke-Khan who competed at the World Championships, European Championships and Commonwealth Games this summer. Rohan's training partner, Natalie Seyler, won gold in the U15 girls high jump competition with a leap of 1.65m, which was just 1 cm below her personal best height. Natalie is currently ranked 5th in the UK. Both athletes displayed the confidence and composure to perform at their best in what were tough competitions against many talented jumpers from across the country. Both athletes are coached by Deirdre Elmhirst.

Only two other athletes from Worcester AC competed at the U15/U17 National Championships. However, just to reach the high standards set to be eligible to compete at the National Championships is a superb achievement. In the U17 age-group, Alice Lazenbury competed in the 800m, which she ran in 2 min 19.68 sec, just a couple of second short of her PB (2:17.88). Lilia Marco ran a superb personal best of 4 min 43.05 sec in the 1500m to qualify for the final, where she finished in 8th place with a time of 4:43.97. Both girls are ranked in the top 3 in the Midlands and are coached by Geoff Aston.



Rohan and Natalie top the podium